



Grand Canyon Expeditions – Indian Garden Packing List

Grand Canyon National Park provides tents, ground tarps, backpacks, sleeping bags, sleeping pads, cooking equipment, food, and snacks. The gear you need to pack is listed below.

Keep in mind that your clothes will get dirty, don't bring so you'll be sad to lose or have broken.

- ☐ **Water bottles** – 2 One Liter non-disposable water bottles. Please bring hard plastic water bottle. Camelbacks are not permitted. They frequently leak in the canyon.
- ☐ **Small day pack** – For day hikes (school backpack works great)
- ☐ **Duffle bag or suitcase** – To store items left behind while backpacking in the canyon
- ☐ **Hiking shoes** – Lightweight hiking boots or athletic shoes with good traction on dirt and rock. Do not bring new boots or shoes without having worn them 5-6 times.
- ☐ **Camp Shoes** – Comfortable shoes that let your feet breathe. Lightweight sandals, flip-flops or crocs work great.
- ☐ **Shirts** – 2 cotton tee-shirts, 2 long sleeves or light button-up tops to protect your skin from the sun. Must be light in color. Dark colored clothing will not be permitted below the rim as it is too hot.
- ☐ **Hiking Pants** – 1 pair (NO JEANS. They are miserable to hike in).
- ☐ **Shorts** – 2 pairs
- ☐ **Socks** – 6 pairs
- ☐ **Underwear** – 6 pairs
- ☐ **Warm mid-layer** – 1 fleece jacket
- ☐ **Rain Gear** – Rain jacket
- ☐ **Hat** – Sunhat (wide brim) or ball cap
- ☐ **Winter Hat** – 1 beanie
- ☐ **Pajamas** – 1 set/ something to sleep in
- ☐ **Spare change of clothes** – 1 set for travel days
- ☐ **Bandana** – 1
- ☐ **Sunglasses** – 1 pair
- ☐ **Eyeglasses** (if you wear them)/contact lenses, bring an extra pair or set
- ☐ **Toiletries** – *Travel size*: toothbrush, toothpaste, floss, lotion (optional), small containers of soap & shampoo, feminine products (girls: please bring regardless)
- ☐ **Medications** – Bring 2 weeks' worth. Make sure you filled out details on your medical form.
- ☐ **Sunscreen** – 1 Travel size bottle, at least 30 SPF and waterproof
- ☐ **Lip Balm** – 1
- ☐ **Flashlight or headlamp** – A headlamp is preferable. We can provide a headlamp if you do not have one.
- ☐ **Money** – \$2.00 for showers + any additional money for souvenirs
- ☐ **Towel** – 1

Optional Gear (this gear will be provided and does not need to be purchased)

- ☐ **Backpacking backpack** – 40-60 Liter fitted pack. We will provide packs for every individual. If you already have a backpacking pack you've taken backpacking overnight before than you're welcome to bring it.
- ☐ **Water proof Disposable/ Digital Camera** – Group camera will be available for use.
- ☐ **Trekking Poles**

Please Leave These Items at Home:

- *Candy and snacks. (Leaving candy or snacks in your packs invites ravens, mice and critters to chew through your pack!)*
- *Tablets, cellphones, gaming devices, mp3s. (These things are okay for traveling to and from GC but will not be permitted during the program. We will collect them for the duration of the program.)*